

# Clubhouse Fitness Classes

## JULY/AUGUST 2015

### REGISTRATION BEGINS – JUNE 1

#### General Information

**Session:** 8-week session  
**Classes:** Begins the week of July 6. No classes the week of July 27 – August 2.  
**Fees:** Resident/Non-Resident: **8-weeks: \$50/\$75**  
**Instructors:** All classes are instructed by Certified Fitness Instructors

**Registration Deadline: Friday, June 26, 2015**  
**\$10 late fee for registrations received after the deadline**

#### Zumba

Days	Class	Times
Monday	Zumba	11:30am
Tuesday	Zumba Toning	11:45am
Wednesday	Zumba Step	12:30pm
Thursday	Zumba Burst	11:45am

#### Yoga

Days	Class	Times
Monday	Cardio Yoga	6pm
Thursday	Slow, Flow & Stretch	6pm
Friday	Friday Fitness Flow	8:15am
Sunday	Fitness Yoga	11am

#### Pilates

Days	Class	Times
Tuesday	Intermediate Pilates	10:30am

#### Barre

Days	Class	Times
Thursday	LeBarre	10:30am

**Newtown Park Community Clubhouse**

3115 OLD ALABAMA ROAD JOHNS CREEK, GA 30022

To register and for more details visit [www.JohnsCreekGA.gov](http://www.JohnsCreekGA.gov)

Questions? Call Recreation & Parks at 678-512-3200 or email Sunnie McWalters at [Sunnie.McWalters@JohnsCreekGA.gov](mailto:Sunnie.McWalters@JohnsCreekGA.gov)